

Turkey Sausage Patties

READY IN



60 min.

SERVINGS



24

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 pounds ground meat turkey
- 0.5 cup breadcrumbs fresh
- 0.3 teaspoon ground pepper
- 0.3 teaspoon cinnamon
- 2 large egg yolk
- 0.1 teaspoon ground cloves
- 3 tablespoons milk
- 0.3 teaspoon nutmeg grated
- 5 tablespoons olive oil divided

- 1 small onion finely chopped

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- baking paper
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 250°F.
- Cook onion in 1 tablespoon oil in a 12-inch nonstick skillet over medium heat, stirring occasionally, until golden brown, 6 to 8 minutes.
- Remove from heat.
- Meanwhile, stir together bread crumbs and milk in a large bowl and let stand 5 minutes.
- Add onion to crumbs (reserve skillet), then add turkey, nutmeg, cinnamon, cayenne, cloves, yolks, 2 teaspoon salt, and 1 teaspoon black pepper and combine well.
- Line a large baking sheet with parchment paper. Form 24 (2-inch-wide) patties (about 1/2 inch thick) with damp hands and arrange on sheet.
- Heat 1 tablespoon oil in skillet over medium heat until hot, then cook patties in batches, turning once, until browned and just cooked through, about 8 minutes per batch.
- Drain briefly on paper towels, then keep warm in a baking pan, loosely covered with foil, in oven. Wipe out skillet and add 1 tablespoon oil between batches.
- You can substitute 2 lb ground pork (not lean) for the turkey.ùPatties can be formed (but not cooked) 1 day ahead and chilled. ùCooked patties can be kept warm in oven up to 30 minutes.

Nutrition Facts



■ PROTEIN 31.17% ■ FAT 60.43% ■ CARBS 8.4%

Properties

Glycemic Index:7.17, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:4.0521739086379%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 98.48kcal (4.92%), Fat: 6.64g (10.21%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.9g (0.69%), Sugar: 0.37g (0.41%), Cholesterol: 43.5mg (14.5%), Sodium: 44.16mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.41%), Selenium: 8.6µg (12.28%), Vitamin B3: 2.21mg (11.03%), Phosphorus: 85.06mg (8.51%), Vitamin B12: 0.5µg (8.32%), Vitamin B6: 0.15mg (7.26%), Zinc: 1.04mg (6.91%), Vitamin B2: 0.09mg (5.3%), Vitamin B5: 0.44mg (4.43%), Vitamin B1: 0.05mg (3.48%), Iron: 0.62mg (3.43%), Vitamin E: 0.51mg (3.39%), Potassium: 94.26mg (2.69%), Copper: 0.05mg (2.44%), Magnesium: 9.6mg (2.4%), Manganese: 0.04mg (1.96%), Folate: 7.72µg (1.93%), Vitamin K: 1.97µg (1.88%), Calcium: 17.23mg (1.72%), Vitamin D: 0.25µg (1.66%), Vitamin A: 59.89IU (1.2%)